



Food Policy

Statement of Intent

At Kingston St Mary School we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a positive contribution to children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

National Guidance

This policy reflects the School Food Standards that were introduced in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Application

This policy covers the areas of:

- Break time snacks including those brought from home.
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

Break time snacks

Children are allowed a **fruit or vegetable snack** at morning break. All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of a Government scheme. Children in Key Stage 2 can bring in fruit or vegetable to have a break time. If a child has a specific dietary requirement, parents should discuss this with the school to agree a suitable healthy snack alternative.

Guidance **NHS Better Health** <https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>

Milk

Our school provides a mandatory milk scheme for all pupils; this is free for four year olds. Once children turn five, parents are invited to register and pay for their child to participate in this scheme. Families in receipt of Free School Meal are eligible for free milk.

Water

Drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned. No drinks other than water will be brought into class by prior agreement with the class teacher.

School Lunches (including packed lunches)

At Kingston St Mary Primary School, all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at Key Stages 1 and 2, especially for pupils with lower prior attainment"

We will provide Universal Free School Meals for children in Foundation Stage and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food compliant with all national guidelines.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying away their plates and cutlery).

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch, our packed lunch guidance supports parents to make informed choices to create it healthily. (Appendix 1: Packed lunch guidance).

Meals taken off site during residential trips will meet the National Food Standards for schools.

Curriculum

Food, its production and preparation, is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology.

Before and after school club

Food provision at our breakfast and after school club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we ask that parents and carers do **not send in birthday cakes or sweets**. If parents want to bring something in to celebrate birthdays we would ask that healthy foods such as fruit, or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternatives.

In school, children's birthdays are celebrated in the classroom and during our celebration assembly.

Monitoring

This policy will be reviewed in line with Food Standards updates.